

instruction guide
for the administration of the evaluation tool

Food Behavior Checklist

Developed by the University of California (UC) Cooperative Extension, the California Nutrition Network, UC Davis Design Program and UC Davis Nutrition Department

Funded by the UC Cooperative Extension and UC Davis Design Program


UCCE

Visually Enhanced Food Behavior Checklist (FBC)^{1, 2, 3}

Instruction Guide

The purpose of this tool is to document client behavior change by assessing client eating behaviors before and after the nutrition education lessons.




Instructions: Use this instruction guide when administering the Food Behavior Checklist tool to clients. Administer this tool on 2 occasions—at the registration time before the first lesson is taught and then after the last lesson is taught.



FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
Q1. Do you eat fruits or vegetables as snacks? 	Items pictured include 3 photos: <ul style="list-style-type: none"> • Far left- a woman sitting eating a whole apple • Top right- hands of a person holding carrots sticks • Bottom right- hands of a person holding grapes 	Snacks are eating occasions which occur before, after, or between meals. If you do not eat fruits or vegetables, mark 'No.'	I ate apple pie, does that count? How about carrot cake?	No, in both cases
			Do fruit snacks count?	No if a 'fruit snack' is a fruit roll up or gummy fruit snacks. Yes if the 'fruit snack' is something like a piece of fruit.
			Can they be in something like zucchini bread?	No
Q2. Do you drink fruit drinks, sport drinks or punch?	Items pictured include: <ul style="list-style-type: none"> • Sunny D • Hawaiian Punch • Propel Fitness Water 	Count non-carbonated beverages other than 100% juices. Do not count soda.	Does this include Tampico? Hi-C? Capri-Sun?	Yes
			Does Power Aide count?	Yes


¹ Prepared by Marilyn Townsend, Christine Davidson, Larissa Leavens, Anna Martin, and Diane Metz. Reviewed by Gloria Espinosa-Hall, Lucia Kaiser, and Cathi Lamp.



² If you have additions for this guide, please contact Larissa Leavens at 530-754-8051 in the Nutrition Dept, UC Davis.



³ Version UCCE.Food Behavior Checklist English 9/06




FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
	<ul style="list-style-type: none"> Gatorade Country Time Lemonade Kool-Aid packets 		<p>I don't drink Sunny D but I do drink other orange juice, does that count?</p> <p>I heard that sport drinks, like Gatorade, are good for my child. Why count them?</p>	<p>Only counts if it is not 100% juice.</p> <p>They are not 100% juice.</p>
<p>Q3. Did you have citrus fruit or citrus juice during the past week?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> 100% orange juice in a carton frozen concentrated 100% orange juice 100% juice in a glass a can of mandarin oranges a cut orange a cut grapefruit 2 tangerines a pomelo. 	<p>Citrus fruit includes orange, grapefruit, kumquat, lemon, lime, tangerine, tangelo, mandarin, and pomelo. Count juices of these citrus fruit, but not juice drinks, punches or aides. Do not count lemonade or limeade.</p>	<p>Does Hawaiian punch count? Does Sunny-D count?</p> <p>Are those in the picture the only type of citrus fruits?</p> <p>Does citrus soda count? What about Sunkist or orange soda?</p> <p>Does kiwi count?</p>	<p>No, only count 100% juice.</p> <p>No, citrus fruit includes oranges, grapefruit, kumquats, lemon, lime, tangerine, tangelo, and mandarins.</p> <p>No</p> <p>No</p>
<p>Q4. Do you drink regular soda?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> canned soda (Black Cherry, Grape, Orange, Cherry Cola, Grapefruit, and Cola) soda in a cup (Coke and Pepsi) 2 liter bottles of soda (Dr. Pepper, 7-Up, Sunkist Orange Soda, and Mountain Dew) 	<p>'Regular' soda means 'non-diet' soft drinks. Include sweetened carbonated drinks.</p>	<p>Does strawberry Shasta count?</p> <p>What about caffeine free coke?</p> <p>Does diet count?</p>	<p>Yes</p> <p>Yes, as long as it is not diet.</p> <p>No</p>
<p>Q5. Did you drink milk or use milk on cereal during the past week?</p>	<p>Items pictured include:</p> <ul style="list-style-type: none"> a glass of milk a bowl of Cheerios with milk labeled 	<p>This is a milk question (per our validation study). Count all forms of milk such as whole, 1%, 2%, skim or nonfat,</p>	<p>Does chocolate milk count? Does strawberry milk count?</p> <p>Does a milk shake</p>	<p>Yes</p> <p>No</p>


FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
	<p>'cold'</p> <ul style="list-style-type: none"> a bowl of hot oatmeal with milk labeled 'hot' 	<p>fortified soy. Note: calcium content for commercially prepared:</p> <ul style="list-style-type: none"> non-fortified soy=95mg fortified soy=200-300mg non-fortified rice milk=15 mg/<1% milk=286mg/29% <p>Count only milk you put on your cereal or drink from a container.</p>	<p>count? What about the milk in my latte/coffee? Does rice milk count? Does almond milk count? Does hazelnut milk count? Does multigrain milk count? Does calcium fortified orange juice count? Does cheese, yogurt, or cottage cheese count? Does powdered milk count?</p>	<p>Count the milk if there is more milk than coffee in your cup. Yes, if calcium fortified. Pacific Natural Foods (http://www.pacificfoods.com) manufactures fortified milks. No No Yes</p>
<p>Q6. Fruit: How much do you eat each <u>day</u>?</p> 	<p>Items pictured include 4 sets of cups:</p> <ul style="list-style-type: none"> First cup – empty 1 cup measuring cup over the circle answer 'none' Second cup – a 1 cup measuring cup half full with canned fruit cocktail over the circle answer '½ cup' Third cup- a full 1 cup measuring cup with grapes, sliced strawberries, and sliced banana over the circle answer '1 cup' Fourth set of cups – two full 1 cup measuring cups over the circle answer '2 cups' <ul style="list-style-type: none"> one has grapes, sliced strawberries, and sliced banana. the second has cut watermelon, cut mango, and an orange 	<p>This question is about total quantity of fruit. This includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup of fruit.</p> <p>Examples:</p> <ul style="list-style-type: none"> 1 piece of fruit counts as 1 cup 1 cup chopped watermelon counts as 1 cup of fruit 1 cup of 100% orange juice counts as 1 cup of fruit ½ cup of raisins counts 1 cup of fruit <p>If you do not eat fruit, mark</p>	<p>Does frozen fruit count? Does cran-raspberry juice count? Does dried fruit count? Do fruit snacks count?</p>	<p>Yes Only if it is 100% juice with no added sugar. Yes, remember that ½ cup of dried fruit should be considered as 1 cup of fruit. No if a 'fruit snack' is a fruit roll up or gummy fruit snacks. Yes if the 'fruit snack' is something like a piece of fruit.</p>

FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
	<p>wedge.</p> <ul style="list-style-type: none"> • Fifth set of cups – three full 1 cup measuring cups over the circle answer ‘3 cups or more.’ <ul style="list-style-type: none"> ▪ the first cup has cut watermelon and cut mango ▪ the second cup grapes, sliced strawberries, and sliced banana ▪ the third cup has orange and apple slices 	<p>‘none.’</p> <p>Note: These measurements reflect the MyPyramid guidelines, not the Food Guide Pyramid serving size guidelines.</p>	<p>I eat less than ½ a cup. What do I mark?</p>	<p>Mark the answer that is closest to the amount you eat.</p>
<p>Q7. Vegetables: How much do you eat each <u>day</u>?</p> 	<p>Items pictured include 4 sets of cups:</p> <ul style="list-style-type: none"> • First cup – empty 1 cup measuring cup over the circle answer ‘none’ • Second cup – a full 1 cup measuring cup with sticks of carrot, celery, green bell pepper and cucumber over the circle answer ‘1 cup’ • Third set of cups – two full 1 cup measuring cups over the circle answer ‘2 cups’ <ul style="list-style-type: none"> ▪ one has cooked corn kernels, peas, and broccoli ▪ the second has raw vegetables including torn romaine lettuce, cut tomatoes, cut cucumber, and sliced red onion. • Fourth set of cups – three full 1 cup measuring cups over the circle answer ‘3 cups or more’ <ul style="list-style-type: none"> ▪ the first cup has sticks of carrot, celery, green bell pepper and cucumber ▪ the second cup has cooked corn kernels, peas, and broccoli ▪ the third cup has raw vegetables including torn romaine lettuce, cut tomatoes, cut cucumber, and 	<p>This question is about total quantity or amount of vegetables or vegetable juice. This includes all fresh, frozen, canned and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup of vegetable.</p> <p>Examples:</p> <ul style="list-style-type: none"> • 1 cup chopped broccoli counts as 1 cup of vegetable • 1 cup of V8 or tomato juice counts as 1 cup of vegetable • a salad with 2 cups of leafy greens counts as 1 cup of vegetable <p>French fries count because they are potatoes. Potato chips do not count as a vegetable. If you do not eat vegetables, mark ‘No.’</p> <p>Note: These measurements reflect the MyPyramid guidelines, not the</p>	<p>Does it have to be the vegetables in the picture?</p> <p>Do I count everything that was on my salad?</p> <p>Do they have to be fresh or can they be frozen or canned?</p> <p>Do French fries count?</p>	<p>No, any vegetable will count.</p> <p>Yes, count the total amount of the salad. But, remember the 2 cups of raw leafy greens can be considered 1 cup of vegetable.</p> <p>They can be fresh, frozen, canned, or vegetable juice.</p> <p>Yes, count French fries for questions 6, 9, 13, and 17. Do not count them for questions 18, 19, 20, and 21.</p>

FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
	sliced red onion	Food Guide Pyramid serving size guidelines.		
<p>Q8. Do you eat more than one kind of fruit each day?</p> 	<p>Items pictured include 4 photos:</p> <ul style="list-style-type: none"> • Top left picture- bag of frozen whole strawberries, a jar of applesauce, a pear, a nectarine, a peach, and a bowl of mixed fruit including dried plums (prunes), dried apricot, and dried nectarines • Top right picture- small carton of orange juice, a glass of orange juice, a can of frozen orange juice, a can of frozen grape juice, a grapefruit, a banana, a slice of watermelon, and a bowl of fresh strawberries and blueberries • Bottom right- a pomegranate, a persimmon, half of a honeydew melon, a cut papaya, a box of raisins, and a can of sliced pears • Bottom left- a can of fruit cocktail, a can of sliced pineapple, a whole cantaloupe melon, a whole mango, cut kiwi fruit, 2 whole plums, and a whole apple 	<p>This question is attempting to address variety. Different preparation methods of the same fruit do not count as variety (e.g. raw apple for snack, applesauce at dinner). Small amounts of fruit should not be counted (e.g. raisins in a cookie).</p>	<p>Does it count if I only had 2 grapes and ½ a banana?</p> <p>Does juice count or does it have to be the piece of fruit?</p> <p>If I eat canned fruit cocktail does it count as more than one fruit?</p>	<p>No. The minimally accepted amount for each is: ¼ cup of raw or canned fruit, ¼ cup 100% fruit juice, 2 tablespoons dried fruit, or equivalent.</p> <p>Juice counts if it is 100% juice with no added sugar.</p> <p>The minimally accepted amount for each is: ¼ cup of raw or canned fruit, ¼ cup 100% fruit juice, 2 tablespoons dried fruit, or equivalent.</p>
<p>Q9. Do you eat more than one kind of vegetable each day?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> • tomatoes • potato • cilantro • onion • squash • cucumber • peppers • radishes • avocado • zucchini • corn • carrots • chayote • cauliflower • spinach • canned tomatoes • canned salsa 	<p>This question is about “variety.” Different preparation methods of the same vegetable do not count as variety (e.g. coleslaw at lunch, cooked cabbage at dinner). Small amounts of vegetables should not be counted (e.g. the few carrot pieces in canned chicken noodle soup). If you do not eat vegetables, mark ‘No.’</p>	<p>Do frozen vegetables count?</p> <p>If I eat French fries and lettuce on my hamburger does that count?</p> <p>Do lettuce and onions on my taco count?</p>	<p>Yes</p> <p>The minimally accepted amount for each item is: ¼ cup of chopped raw or cooked vegetables, ¼ cup 100% vegetable juice, ½ cup of leafy vegetables,</p>

FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
	<ul style="list-style-type: none"> • garlic • cactus • canned sweet potatoes • canned peas • V-8 vegetable juice 		<p>If I eat a can of mixed vegetables does that count?</p> <p>What if I eat a medley of frozen vegetables? Does that count as more than one kind?</p>	<p>or equivalent.</p> <p>Yes, the minimally accepted amount for each item is ¼ cup of chopped raw or cooked vegetables, ½ cup of leafy vegetables, or equivalent.</p>
<p>Q10. Do you drink milk?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> • Far left- 1 gallon jug of Crystal brand reduced fat milk, a glass of milk, and a carton of Crystal brand reduced fat milk • Far right- a grid with labels of various milks including; Vitamin D whole milk*, lactose free milk, fat free milk, low fat milk, chocolate low fat milk, butter milk, carnation fat free canned milk, and nonfat dry milk <p>* Note: Other forms of cow's milk are also fortified with Vitamin D.</p>	<p>This is a milk question, not a dairy or general calcium question (per our validation study). If you do not drink milk mark 'No.'</p>	<p>Do milk shakes count?</p> <p>Does chocolate or strawberry milk count?</p> <p>Does Soy or rice milk count?</p> <p>Does milk in my cereal count?</p> <p>Does calcium fortified orange juice count?</p> <p>Does cheese, yogurt, or cottage cheese count?</p> <p>Does powdered milk count?</p>	<p>Yes, if made from milk and ice cream.</p> <p>Yes</p> <p>Yes, if calcium fortified.</p> <p>Yes</p> <p>No</p> <p>No</p> <p>Yes</p>
<p>Q11. Do you take the skin off chicken?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> • hands of a person removing skin from a raw chicken drumstick 	<p>If you do not eat chicken, leave the answer blank.</p>	<p>Does it have to be before I cook it or can I do it after?</p> <p>What if I take it off and eat it?</p> <p>What if I don't eat any chicken?</p>	<p>Either way counts, as long as it is not eaten.</p> <p>Mark 'no'.</p> <p>Leave the answer blank.</p>

FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
<p>Q12. Did you have fish during the past week?</p> 	<p>Items pictured include 3 photos:</p> <ul style="list-style-type: none"> • Top left picture- a plate with fish sticks and a box of fish sticks • Top right picture- a can of tuna and a tuna sandwich • Bottom picture- a large whole fish on a plate with lemons 	<p>Count fish (such as rock fish, snapper, salmon, canned or fresh tuna, etc.) prepared at home. Count any fish from a restaurant (such as fish & chips, etc.) Count shellfish (such as shrimp, prawns, etc.)</p>	<p>What if I only had a couple of bites? Does shrimp or crab count? Does imitation crab meat count?</p>	<p>Count it. Yes. Count both. Yes. Imitation crab meat is fish.</p>
<p>Q13. Do you eat 2 or more vegetables at your main meal?</p> 	<p>Items pictured include 4 photos:</p> <ul style="list-style-type: none"> • Top left photo- a plate with chili with cheese, salad (lettuce and tomato) with creamy dressing, and cooked cut carrots • Top right photo- a plate with an open hamburger (beef patty, bun, lettuce and tomato), coleslaw, and an ear of corn • Bottom right photo- a plate with a pork chop, cooked broccoli, a baked potato with sour cream and chives, and a bowl with a salad (lettuce, tomato, and a creamy dressing) • Bottom left photo- a plate with a piece of chicken, cooked spinach, marinated peppers and carrots, and a small plate with a biscuit 	<p>This question is about “variety.” French fries count as a vegetable because they are potatoes. Potato chips do not count as a vegetable. If you do not eat vegetables, mark ‘No.’</p>	<p>How much do I have to eat of each kind to count? Do French fries count? If I have a bag of mixed frozen vegetables, does that count as more than 1 vegetable?</p>	<p>2 or more. Yes, count French fries for questions 6, 9, 13, and 17. Do not count them for questions 18, 19, 20, and 21. Yes</p>
<p>Q14. Do you use this label when food shopping?</p> 	<p>Items pictures include 2 photos:</p> <ul style="list-style-type: none"> • Far left photo- a nutrition facts label • Far right photo- a woman in the cereal aisle of the grocery store in front of boxes of Honey Bunches of Oats looking at the nutrition facts label of a box of Kellogg’s corn flakes 	<p>If you do not do the food shopping for your household, mark ‘No.’</p>	<p>I look at it but don’t know what it means, what do I mark? Is it the same as looking at the front of the package? I look at it but price and preference determines my purchase. Should I</p>	<p>Mark ‘no’. No, it must be the nutrition facts label. Mark “yes.”</p>

FBC Questions	Photograph	Explanation	Potential Questions from Clients	Staff Response Suggestions
			mark yes or no?	
<p>Q15. Do you run out of food before the end of the month?</p> 	<p>Items pictured include:</p> <ul style="list-style-type: none"> • a nearly empty refrigerator with the following items inside: <ul style="list-style-type: none"> ▪ French's yellow mustard ▪ a bottle of salad dressing ▪ a can of soda ▪ a bottle of ketchup ▪ 2 eggs ▪ an almost empty gallon jug of milk 	<p>This question is about food insecurity. Mark 'Yes' if you use emergency food resources or if some family members go without food.</p> <p>Mark 'Yes' if you run out of cash or food stamps to buy food. This may be a sensitive issue, but, if necessary, explain that this does not imply that client does not find something to feed children.</p> <p>Money for food could mean cash, credit, debit card, food stamps or WIC vouchers.</p>	<p>Does that mean that I don't eat at all?</p> <p>If someone else gives me food so I won't be out of food, do I count that?</p> <p>My fridge may be empty but I usually have rice, beans, and canned foods in my cupboards. I am tired of these foods. Should I mark yes or no?</p>	<p>A 'yes' means that you run out of money, vouchers, or stamps to buy food before the end of the month.</p> <p>Yes, count as running out of food.</p> <p>Mark 'no'.</p>
<p>Q16. How would you rate your eating habits?</p>	No picture	<p>Think about your usual overall diet compared to what you have seen or heard is a healthy diet.</p>	<p>Does that mean how much do I eat?</p> <p>Do I look at how often I eat?</p> <p>Is it based on if I eat healthy or not?</p>	<p>Yes, part of healthy eating means eating normal amounts.</p> <p>Yes, part of healthy eating means eating food in normal amounts over the day.</p> <p>Yes</p>

Visually enhanced evaluation study
.....Enhancing usefulness of food behavior surveys for low-literate populations using visual information processing theories

CITATIONS

Name: **University of California Cooperative Extension... Food Behavior Checklist**

Focus: Diet Quality

Use: Primary prevention interventions focusing on chronic disease prevention

Date: February 16, 2009

PRINTED EVALUATION TOOLS READY FOR USE WITH ACCOMPANYING INSTRUCTION GUIDE

- Sylva K, Townsend MS, Martin A, Metz D. UCCE Food Behavior Checklist. University of California Cooperative Extension, 2006. (English, 16 items reflecting MyPyramid guidelines; Visually enhanced food behavior checklist in 4-page booklet designed for clients with limited literacy skills,
- Townsend MS, Sylva K, Kai-Chao L. UCCE Food Behavior Checklist Supplement. University of California Cooperative Extension, 2006. (English, 6 additional items reflecting both MyPyramid, Food Guide Pyramid guidelines vegetable questions with and without French fries. Total 22 items prepared for the UCCE Plate Method Study by Body Weight and Health Workgroup members.)

PRINTED INSTRUCTION GUIDE

- Townsend MS, Davidson C, Leaven L, Metz D, Martin A. Administering the UCCE Food Behavior Checklist with Supplemental Questions: Instruction Guide. University of California, Cooperative Extension, 2006.

REPORT TO FUNDER

Marilyn Townsend, Kathryn Sylva, Lynn Kai-Chao, Christine Davidson, Larissa Leaven, Anna Martin, Diane Metz, Patti Wooten-Swanson. Visually enhanced Food Behavior Checklist Study: Enhancing usefulness of food behavior surveys for low-literate populations. Report to Public Health Institute, California Department of Health. September 30, 2006.

RELATED ABSTRACTS (format, layout, visuals, readability)

- Marilyn S. Townsend, Kathryn Sylva, Anna Martin, Diane Metz, Patti Wooten-Swanson, Jennifer Follett, Nancy Keim, Sharon Sugerman. Visually Enhanced Evaluation for Low-income Clients. *J Nutr Educ Behav.* 2005; 37 (1):S49.
- Townsend MS, Sylva K, Martin A, Metz D, Wooten-Swanson P. Assessing Face Validity of Photographs to Enhance Comprehension of the EFNEP Food Behavior Checklist. *FNEE Preconference Proceedings, Food and Nutrition Extension Educators Division, Society for Nutrition Education* 2005; 16. July 23, 2005.
- Townsend MS, Sylva K, Martin A, Metz D, Wooten-Swanson P. Using Cognitive Testing Procedures to Improve the Readability of the EFNEP Food Behavior Checklist. *FNEE Preconference Proceedings, Food and Nutrition Extension Educators Division, Society for Nutrition Education* 2005; 15. July 23, 2005.
- Townsend MS, Sylva K, Metz D, Davidson C. USDA's MyPyramid: The journey from vegetable serving to cups with and without French fries. *J Nutr Edu Behav.* 2008 (40);P64:suppl 70. .
- Townsend MS, Davidson C, Metz D, Sylva K. Reliability of a visually-enhanced food behavior checklist for low-income women. *Seventh Annual Conference (Banff, Alberta, Canada) of the International Society of Behavioral Nutrition & Physical Activity Program and Abstracts* 2008;C3:152.

- Townsend MS, Sylva K, Young T, Davidson C, Martin A, Nicholson Y. Meeting 'MyPyramid' guidelines with low-literate consumers: from servings to cups. Seventh Annual Conference (Banff, Alberta, Canada) of the International Society of Behavioral Nutrition & Physical Activity Program and Abstracts 2008;G1B:70.

THIS CHECKLIST IS AN EXTENSION OF PREVIOUS RESEARCH

- Townsend MS, Kaiser LL, Allen LH, Joy AB, Murphy SP. Selecting items for a food behavior checklist for a limited resource audience. *J Nutrition Education & Behavior*. 2003;35:69-82.
- Murphy S, Kaiser LL, Townsend MS, Allen L. *Evaluation of Validity of Items in a Food Behavior Checklist*. J Am Dietetic Assoc, 2001;101:751-756, 761.
- Townsend MS, Kaiser LL. Development of an evaluation tool to assess psychosocial indicators of fruit and vegetable intake for two federal programs. *J Nutrition Education & Behavior*. 2005;37:170-184. (For question #16).
- Townsend MS, Kaiser LL. Brief psychosocial fruit and vegetable tool is sensitive for United States Department of Agriculture's nutrition education programs. *J Am Diet Assoc*. 2007;107:2120-2124.

MANUSCRIPT FOR CURRENT STUDY

- Townsend MS, Sylva K, Martin A, Metz D, Wooten Swanson P. Improving readability of an evaluation tool for low-income clients using visual information processing theories. *J Nutrition Education Behavior* 2008;40:181-186.

Mst....updated 7-1-09

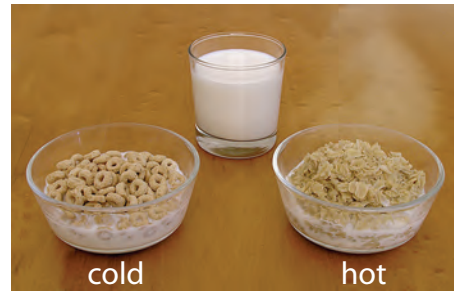
4.



Do you drink regular soda?

- no
 yes, sometimes
 yes, often
 yes, everyday

5.



Did you drink milk or use milk on cereal during the past week?

- yes
 no

6. Fruit: How much do you eat each day?



7. Vegetables: How much do you eat each day?



8.



Do you eat more than one kind of **fruit** each day?

- no
 yes, sometimes
 yes, often
 yes, always

9.



Do you eat more than one kind of **vegetable** each day?

- no
 yes, sometimes
 yes, often
 yes, always

10.



Do you drink milk?

- no
 yes, sometimes
 yes, often
 yes, everyday

11.



Do you take the skin off chicken?

- no
 yes, sometimes
 yes, often
 yes, always

12.



Did you have fish during the past week?

- yes
 no

